

A Youthful Philosopher

By F. A. MITCHEL

"Will, I have decided to break our engagement."

"What have I done to?"

"You have done nothing. My decision arises simply from worldly wisdom. You have no income except what you earn in the way of salary. In case you lose that we will be beggars."

"How do you know that this is worldly wisdom? How do you know but that my marriage with the girl I love will prove a stimulus which will lead to fortune?"

"I don't, but I know that a bird in the hand is worth two in the bush."

"Who is the bird in the hand?"

"No one. I am simply breaking with you on account of lack of provision for marriage, not that I have a more advantageous offer."

"You will not lack for offers."

"Nevertheless my heart is yours."

"Well, Lucy, I commend this worldly wisdom of yours, though it comes from a girl barely eighteen years old. There seems nothing for me to do but to accede to it. To attempt to force myself upon you under the circumstances would be to drag you down to my level when by marrying a man of means you might rise to his level. This I am unwilling to do. Moreover, I suppose we must get romance out of our heads."

"Out of our hearts, you mean."

"Out of our hearts. You will become one with the man you marry; I will become one with the girl I marry, and—"

"Soon forget me in her."

The tone in which this was spoken was not philosophical; it was regretful.

"That's the natural outcome of such cases."

He put out his hand to say goodbye. She took it, with a sigh. He bent forward and kissed her; then, with simply a goodbye, to which there was no response, he took his departure.

A week later he received a note from her to say that there should be an exchange of letters between them. If he would call with hers she would have his ready for him. When he appeared he wore an officer's uniform.

"You are not going to sacrifice yourself in this horrible war?" she said.

"I'm going to fight on the side of the allies and the United States."

"They say that of three men who go to the war only one returns."

"That may be, but it is my duty to go."

"Why is it your duty to go to the war?"

"Because I am an able-bodied young man. It is the duty of all such to respond to their country's call."

There was a silence between them for some minutes, at the end of which she said:

"By this act you have widened the breach between us."

"I did not suppose there was a breach between us. I thought that you did not wish to incur the responsibilities of matrimony without a permanent income."

"Yes, and now you are going where there are two chances in three of your being killed."

"In the one case it is a matter of choice, in the other a case of duty."

"When do you go abroad?" she asked mournfully.

"Tomorrow afternoon about 4 o'clock, I suppose. But you must not say anything to any one about our sailing. Nobody in America is to know it. The departure of our troops is only known to the higher officers."

Seeing a package of letters on a table, he took it up and left another package in its place. Then he said goodbye and was leaving when she laid a hand on his arm. He turned. She was looking at him wistfully.

"I thought we had said goodbye," he said.

She made no reply, but there was the same wistful look. He kissed her.

"Your eighteen-year-old philosophy is not working well. You need to brace up," he said. Then he departed.

The next morning she appeared at the barracks where his regiment was housed and asked for him. An orderly was sent to find him, and presently he came.

"Well, I can't stand this. Since you are going to France to be killed I want to be your wife."

He regarded her with a melancholy seriousness.

"You are taking upon yourself a great disadvantage. Better follow your philosophy. If you do, ten years from now you will be a happy wife and mother. If you tie yourself to me—"

"I'm going to tie myself to you."

"There is no obligation, there is no duty—"

"I care nothing about my duty. You and I are one, and even the war need cannot separate us."

He caught her in his arms and when he released her called in a stentorian voice:

"Orderly, go find the regimental chaplain and ask him to come here at once."

The chaplain came, and the two who had already been one in heart were made one in law. A few hours later when the regiment marched to the ship that was to bear it to France, attended by mothers, sisters, wives and sweethearts, these two, a bride and groom, walked hand in hand.

"What an inglorious ending of your eighteen-year-old philosophy!" remarked the groom. "Nevertheless it was true wisdom."

"It was true nonsense," replied the bride.

THREE ITALIAN VESSELS

Were Sunk By Submarines During the Past Week.

Rome, Aug. 8.—During the week ending Aug. 5, says the official shipping report to-night, Italian shipping losses comprised two steamers and one small sailing vessel.

CONGRESS MAY STUMP COUNTRY

Leaders Plan an Educational Campaign on War Needs for Coming Recess

THEY WOULD SEND OUT ALL MEMBERS

President Himself Might Do His Bit with Speech or Open Letter

Washington, D. C., Aug. 10.—Congress may turn itself into a great Chautauque when it finishes work here, to enlighten every section of the country on the need for prosecuting the war vigorously, not only as a war for world democracy, but as a fight for American rights and preservation.

President Wilson himself may "do his bit" in the same direction, possibly by a speech on some occasion or by a letter to congressional leaders.

Congress leaders were talking of virtually putting Congress on the stump by asking every representative and senator to go through his district during the recess, speaking on the part of the United States in the war, and emphasizing that the United States is fighting for the future, not of the world, but of itself.

Those who favor the plan point out that the country is hearing many agitators who oppose the draft and participation in the war. They think that fathers and mothers of sons called to the colors should hear something on the other side of the question and from official sources.

APACHE "UPRISING" IS QUICKLY ENDED

Indians Give in to Cowboys Without the Firing of a Shot

Globe, Ariz., Aug. 10.—Without a shot being fired the Apache-Cique Indian and Mexican "uprising" and strike ended here yesterday when an armed posse of rangers and cowboys drove the disturbers from mine property in the Sierra Anchas mountains and arrested two of the leaders.

The Indians and Mexicans, employees of the United States Asbestos Mine company, struck for higher wages and better working conditions. They besieged nine white men in a dugout, but permitted them to escape without harm.

AMERICAN RED CROSS CHIEFS MEET KERENSKY

Russian Premier Enthusiastic Over Plans Outlined by the Commission

Petrograd, Aug. 10.—William B. Thompson and Dr. Frank Billings, heading the Red Cross commission to Russia, were presented by David R. Francis, the American ambassador, to Premier Kerensky yesterday. The premier appeared enthusiastic over the plans outlined by the commission and promised cordial cooperation in their execution.

The commission arrived here in the imperial special train the same in which the American mission to Russia under Elihu Root traveled. The members report that they received ovations at the stations en route.

ENOUGH GLASS JARS

To Take Care of the Bulk of Perishable Fruits and Vegetables

Reports received by the United States department of agriculture indicate that there will be enough glass jars, new and old together, during the entire canning season to take care of the bulk of the perishable fruits and vegetables.

Manufacturers state that of one type of jar along 900,000 gross have been distributed during the present season. The manufacturing capacity for this type of jar is approximately 6,000 gross per day, or 85,000,000 jars during the next hundred days, and the capacity can be increased if necessary.

Manufacturers of other types of glass containers are prepared, it is stated, to turn out many thousands gross a day. Two weeks ago glass companies were ready to distribute immediately enough containers to hold over 18,000,000 quarts of fruits and vegetables.

The new jars to be manufactured in time for this season's canning, it is estimated, will enable American housewives, to put up over 2,000,000 pecks of beans, corn, peas, tomatoes, peaches, plums, pears, and apples, raised in home gardens or bought in the market when the supply is plentiful.

These figures do not take into account the great quantities of jars in stores and on housewives' shelves.

Any kind of bottles, old or new, that can be properly sealed, can be used instead of cans or jars, for conserving many perishable food products, according to experts of the department of agriculture.

While glass or crockery jars provided with sealing devices are needed for canning vegetables and fruits, bottles and jars not so provided can be used for some other products. Preserves, marmalades, jellies, and other fruit preparations in which thick syrup is used, can be put up in large-necked bottles and jars and sealed with paraffin, and fruit juices can be placed even in small-necked bottles.

Pat-a-cake, pat-a-cake, baker's man, Look at the things we're going to can; Can 'em and dry 'em and store 'em away To give us our food for the cold winter's day.

—From National Emergency Food Garden Commission, Washington, D. C.

FOUR WOMEN TESTIFY

Positive Proof that Lydia E. Pinkham's Vegetable Compound Restored Their Health.

Yonkers, N. Y.—"I suffered from a bad case of female trouble, backache, nervousness and indigestion. Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed."—Mrs. H. J. L. FEATHER, 61 Hamilton Ave., Yonkers, N. Y.

Danville, Ill.—"I would not be alive today had it not been for Lydia E. Pinkham's Vegetable Compound as it cured me from a severe case of female trouble."—Mrs. O. A. COE, Batetown Road, Danville, Ill.

Ridgway, Pa.—"I wish all women who suffer from female troubles would take Lydia E. Pinkham's Vegetable Compound as I avoided a surgical operation by its use."—Mrs. O. M. RHINES, Ridgway, Pa.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISLELLA, Box 197, North Haven, Conn.

The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

SUGAR NOT NECESSARY IN HOME CANNING

Fruits will keep perfectly well in water. When properly packed in jars.

Buying large quantities of sugar for canning summer fruits not necessary. If expense is prohibitive sugar may be added in small quantities.

At time of serving. As pie filling, salad material, for baking, sauce, etc.

The flavor will not be exactly the same. As when the fruit is preserved in syrup.

But the healthfulness and food value are equal.

BREAD SOURS; STORY IS GERMAN POISONED IT

Ice of Army Bakery Runs Low and 6,000 Loaves of Bread Taste Queer, So Regiment Won't Eat It

Washington, Aug. 10.—The ice ran low at the big army bakery the other day and the yeast spoiled and in turn spoiled 6,000 loaves of bread. The bread tasted queer, so the troops would not eat it. That's all there is to a story that a German spy put deadly poison in the army's food, which startled many newspaper readers at breakfast yesterday morning.

20 PER CENT. OVERBOUGHT.

Allotments of \$300,000,000 Certificate Issue Will Be About 83 Per Cent.

Washington, D. C., Aug. 10.—Over-subscription of the \$300,000,000 issue of short-term treasury certificates of indebtedness, Secretary McAdoo announced, was \$61,525,000, more than 20 per cent. Allotments will be approximately 83 per cent. of subscriptions. Every federal reserve bank, it was announced, exceeded the allotment which tentatively was given it at the time the issue was announced.

Distribution of the issue among reserve bank districts was not announced, but it is understood that the New York district oversubscribed its allotment by a higher percentage than any other.

HORSE MEAT FOR FOOD.

President of Master Butchers Thinks We Use It.

Minneapolis, Aug. 10.—Charles Grismer of Brooklyn, elected president Wednesday of the United Master Butcher of America, said he believed the American public soon would be using horse meat extensively as food.

"People eat pork without question," he said. "Just think how much cleaner a horse lives than a hog. Horse flesh is wholesome and as palatable as the best beef."

He predicted that meat prices would remain high until after the war despite conservation efforts.

FIGHTING FOR HAPPINESS

When you get into a frame of mind that makes life seem one tiresome duty after another, with no pleasure in it; when ill health seems to take all the joy out of life and you worry over things that are really not worth worrying about, then your nervous system is becoming exhausted and you are approaching neurasthenia.

Your happiness is now fighting for its life. It is a hopeless task to try to restore your health while your blood is deficient in quantity or quality.

To build up the blood there is one remedy that has been a household word for a generation, Dr. Williams' Pink Pills for Pale People. They tone up the entire system, make the blood rich and red, strengthen the nerves, increase the appetite, put color in the cheeks and lips and drive away that unnatural tired feeling.

The Dr. Williams Medicine Co., Schenectady, N. Y., has published a free book on nervous disorders that contains a chapter on neurasthenia, in which the symptoms are fully described and the correct treatment given.

Dr. Williams' Pink Pills are sold by your own druggist or will be sent by mail, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50.

Topics of the Home and Household.

Salt sprinkled on any substance that is burning will stop the blaze and smoke.

When the meat grinder, egg beater or other cooking utensils need oiling, put glycerine around the bearings or crevices. It is the most harmless lubricant that can be used and does not later affect the food by either odor or taste.

Ill-fitting stockings will do nearly as much harm to one's feet as poorly fitting shoes, especially if they are too short.

On the other hand, too, stockings should not be too long to cause wrinkles, for they will be just as uncomfortable as short ones. See that your stockings are the correct fit and are void of thick seams or ribs. This precaution is timely, for in summer more people are subject to foot ills.

Fruit Canning.

Apples, pears and quinces may be canned by two methods. The first requires the boiling of the fruit sections in a thin syrup of sugar and water. The grated rind of a lemon to two quarts of fruit improves the flavor. Boil the sections in the syrup until tender, fill jars with fruit and add boiling syrup to overflowing, and seal at once. Fill and seal one jar at a time and do the work as rapidly as possible. The second method, the fruit is washed, peeled, quartered and cored and packed as tightly as possible without crushing in jars, the tops set on the jars and then the jars are steamed until the fruit is tender. After steaming and boiling, add hot syrup of heavy density and seal at once.

Sweet Apple and Quince Preserves.

Use any proportion of apples and quinces. Prepare and steam separately until tender. Boil fruit in heavy syrup until deep red, pack in jars and fill with thick boiling syrup and seal at once.

The national emergency food garden commission estimates that the war production of the country is valued at \$300,000,000 as a result of the nationwide campaign conducted in co-operation with this paper and it is to conserve as much of this food as possible that the canning campaign is being conducted. The commission will send its canning and drying manuals to anyone who sends a two-cent stamp to pay postage to 210 Maryland building, Washington, D. C.

Uses for Marshmallows.

The August number of the Mothers' Magazine gives a number of recipes for practical uses of marshmallows and asserts that keeping a tin of the dainty on the emergency shelf is a wise plan. The following rules are given and also for making the marshmallows themselves.

Marshmallows—Two cupsful sugar, one-half cupful water, two tablespoonfuls gelatin soaked in one-half cupful water, one teaspoonful vanilla, powdered sugar. Let the sugar and water boil until a soft ball is formed in cold water; then stir in the gelatin, which has been allowed to soak for 20 minutes in water. Stir until it begins to thicken and then add vanilla. Cover well the bottom of a flat platter or shallow pan with powdered sugar and pour the candy into it. When about cold cut in blocks and dust well with powdered sugar. In cold weather the mixture will harden in three hours, but in summer frequently 12 hours are needed to set it. Stored away in a tin cracker box, these marshmallows will keep for a long time. A little cornstarch may be mixed with the powdered sugar in which the marshmallows are packed without affecting the taste of the candy.

Marshmallow Charlotte—One-half pound marshmallows, one-half cupful of marshmallow or preserved cherries, one-half cupful cherry syrup, one and one-half cupsful cream, one tablespoonful of gelatin, one and one-half tablespoonfuls cold water, three tablespoonfuls powdered sugar, one-half cupful blanched almonds, one-half teaspoonful vanilla. Cut the marshmallows into small bits and let them stand an hour in the cherry syrup. Cut the cherries into bits, and run the nut meats through a meat chopper. Soak the gelatin in the cold water five minutes and then dissolve in the boiling water. Whip the cream stiff and add the marshmallows. Beat all together until the marshmallows are thoroughly incorporated; then add powdered sugar, vanilla and the dissolved gelatin. Add cherries and nut meats and pour into a cold, wet mold. Serve with a garnishing of whipped cream and cherries.

Marshmallow Sauce for Ice Cream—Melt the marshmallows, cut in small pieces, in a double boiler. Flavor with a few drops of almond extract or vanilla and serve as a sauce for chocolate ice cream.

Marshmallow Frozen Pudding—One cupful marshmallows, two tablespoonfuls gelatin, four tablespoonfuls cold water, one cupful hot milk, four egg yolks, one-half cupful sugar, one cupful whipped cream, one-half cupful chopped almonds, one teaspoonful vanilla. Cut the marshmallows in pieces and heat them in a double boiler until soft. Soak gelatin in the cold water five minutes. Make a custard of the milk, egg yolks and sugar and add the soaked gelatin. Strain through a wire sieve into a bowl, and beat with an egg beater until cold. Add marshmallows, whipped cream, nuts and flavoring and pack in ice and salt for four hours.

Marshmallow Cream—One-half cupful cream, one-half pound marshmallows, almond extract. Whip the cream stiff, add the marshmallows cut into small pieces and flavor with a few drops of almond extract. Fill sherbet glasses and set aside for 12 hours before serving. Serve with custard sauce flavored with bitter almond.

Marshmallow Icing—Two cupsful sugar, one-half cupful water, three egg whites, one teaspoonful lemon juice, one-half pound marshmallows. Boil sugar and water until it threads. Allow the syrup to cool slightly; then pour slowly into the well beaten egg whites, stirring briskly all the while. Add the lemon juice and the marshmallows, which have been cut into small pieces.

Marshmallows as Cream—As a substitute for whipped cream with hot chocolate, marshmallows may be used with good results. Place one marshmallow in the bottom of each cup and pour over it the hot, unsweetened chocolate. The heat dissolves the marshmallow, which rises to the top in a creamy froth and at the same time provides sufficient sweetness for the ordinary taste.

Dorothy Dexter.

THE NEXT NOTED SOJOURNER ON ST. HELENA.



—Cozy in Detroit Free Press.

The Gentleman From Cupidville

By ALAN HINSDALE

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MADDENING PROFESSIONS.

Your Work and Your Changes of Not Becoming a Lunatic.

In view of the great increase of insanity during recent years, it is interesting to note the various classes of employment which are, more or less, productive of madness.

A French scientist has recently been investigating this question, and his researches go to show that, apart from the terrible nerve strain of war, the military and naval professions are the very worst a man can enter if he wishes to go sane to the grave. Out of every 100,000 who enter the army and navy 199 become confirmed lunatics.

The liberal professions come in as a good second to the army and navy, the list being headed by artists, who are very close followed by lawyers and somewhat more distantly by the clergy, doctors of medicine, men of letters and civil servants. The number of people in these professions who become occupants of lunatic asylums is 177 to each 100,000.

The professional men are run very close by domestic servants and day laborers, of whom 159 out of each 100,000 are sent to the asylum. There is a big falling off before we arrive at the next group, which is that of mechanics, only 68 of whom go mad in each 100,000.

And, curious to relate and contrary to all general belief, the group which is most highly favorable to sanity is that of commercial men, which sends only 42 per 100,000, or one in every 2,380, of its ranks to confinement.

The "Cork Convent."

A striking curiosity near Cintra, Portugal, is an ancient convent built partially in the interior of an immense rock. The convent is situated in a very isolated spot and was formerly surrounded by a dense wood of cork trees. The convent is known as the Convento da Corticeira, or "Cork Convent" for the reason that the monks' cells, chapel, kitchen and refectory are all lined with cork to keep out the damp. From 1560 to 1834 the convent was inhabited by an order of monks known as the Capuchins, a remarkable feature of their discipline being that, except on certain occasions, silence was obligatory. Since 1834, when the monasteries and convents of Portugal were dissolved, the convent has not been occupied, though it is open to the public, a caretaker residing there for this purpose.—Wide World.

Princes in England.

Only the eldest son of the king of England has a legal right to the title of prince, although other royal children have many privileges. They are sons and daughters of England, they are royal highnesses in their own right, and they could claim to be served on one knee at table when the king is not present. Moreover, in England princes are always of royal blood. In other countries they are often mere nobles, ranking after dukes.—London Standard.

Fetters.

The use of fetters goes back to ancient times. Fetters were usually made of brass and also in pairs, the word being in the dual number. Iron was occasionally employed for the purpose.

Infants—Mothers

Thousands testify

Horlick's

The Original

Malted Milk

Upbuilds and sustains the body

No Cooking or Milk required

Used for 1/2 of a Century

Substitutes Cost YOU Same Price.

aided look on her face. Rising, he clasped her in his arms, and, while she turned away her face, she did not struggle to be released. In three minutes—ten since he entered—she had promised to be his wife.

The next morning the two counterparts sat in Lane's room. Spencer was smoking; Lane was reading a note from Miss Thorne. It was to say that a previous engagement prevented her seeing him till the next evening.

"I cannot realize my happiness," she added, "in the love of a man of your ability inspired by that love for me. I predict a great career for you."

Spencer had enquired to his counterpart the scene between himself and Miss Thorne, and Lane asked him to enact it again and again. Then Spencer personated the lady, and Lane enacted the lover's part himself. Thus coached, he felt quite able to carry on the work his double had so auspiciously commenced. Convinced that to be a philosophic dreamer would cost him the girl he loved and to be up and doing is the better part for every man, he was thoroughly alive to carrying out the program as Spencer had pictured it. He has already reached a conspicuous position in the government of his state. As to reaching the White House, that remains to be determined.

Spencer sailed for Europe a few days after he had won the lady for his double and is now the degenerate globe trotter he pictured himself.

Sackville Street, Dublin.

Dublin is one of the finest cities in the British empire, and its public buildings are second to none. Two very different men have united in its praise. Goldwin Smith said that Phoenix park was the most beautiful of all the parks he had seen, and Greville, even more enthusiastic, wrote: "I am greatly struck by the fineness of the town of Dublin and of its public buildings especially. Dublin is, for its size, a finer city than London, and I think they beat us hollow in their public buildings. We have no such square as Merrion square nor such a street as Sackville street." Sala in a "Bell's of Shandon" vein reviewed all the great streets he had promenade from the Nevski Prospect to Piccadilly. Of them all he says by far the finest is Sackville street, Dublin, as it stretches from the river Liffey to the rotunda and its gardens.

The Little Lacking.

Rector's Daughter—How splendid of Joe Jarvis' son to volunteer for that very dangerous job! I'm so glad he got the military medal. Mrs. Mullins (not to be outdone)—Yes, sir, and my boy could have got it, too, if he'd cared to have taken the risk.—London Punch.

Diplomatic.

Green Gaffer (to caddy)—What are you looking there for? I must have driven it fifty yards farther than that. Diplomatic Caddy—Yes, sir, but sometimes they hit a stone and bounce back a terrible distance, sir.—Boston Transcript.

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